

Pre VI Peel Information/Instructions

STOP the use of any retinol or any other skin irritating products 7 days prior to your appointment

If you have taken Accutane in the past year, let your provider know

If you have any skin infection, sunburn, or windburn near the date of your peel appointment let your provider know

Comev to your appointment with clean skin, no make-up, lotions or creams

Post Peel Instructions and what to Expect

No exercising or raising your body temperature for 3 days (72 hours) after your peel.

Follow your post peel packet instructions and do not put anything on your face besides what your packet instructions tell you to.

Make sure to follow your post peel packet instructions, leave the peel on for 4 hours and follow instructions for your additional towelettes on day 1 and 2 post peel.

You can expect to see exfoliation and sometimes visible peeling and flaking on days 3-5, but these days can vary. Exfoliation also happens at a cellular level, so even if you do not experience visible peeling, the peel is still working and effective.